



The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

Happy Mother's Day

Annual Senior Luncheon

Friday, May 20, 2016

Saratoga Springs City Center

522 Broadway, Saratoga Springs

Please join us for a "Birthday Party" luncheon hosted by the Saratoga County Office for the Aging. We guarantee an afternoon of dancing, good friends and delicious food. The doors open at 11:00 am to give you time to get settled and socialize before the following lunch is served at noon.

Chicken Parmesan
Pasta with Sauce
Italian Green Beans
Garlic Bread
Birthday Cake



There will be musical entertainment and door prizes for some lucky Seniors. Tickets are available at some Meal Sites and Senior Centers throughout Saratoga County or by calling the Office for the Aging at 884-4100. The suggested contribution is \$4.00 per ticket.

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for June 2016.

Wilton Senior Center	1:15pm to 3:15pm	June 14, 2016
Van Schoonhoven	1:30pm to 2:30pm	June 20, 2016
Edinburg Town Hall	1:00pm to 2:00pm	June 24, 2016

Need Help Paying for Medicare?

Medicare Savings Programs, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles.

Representatives from OFA will be available at the Health Screenings listed above to assist you or you may call 884-4100 to see if you qualify.

How does Medicare cover hospice care?

Medicare covers hospice care if you meet certain criteria. Hospice care is comprehensive care for people who are terminally ill that includes pain management, counseling, respite care, prescription drugs, inpatient and outpatient care, and services for the terminally ill person's family.

In order to qualify for the hospice benefit, you must meet the following criteria:

- Have Medicare Part A;
- The hospice medical director (and your doctor, if you have one) must certify that you have a terminal illness, meaning that your life expectancy is six months or less;
- You sign a statement electing to have Medicare pay for palliative care, such as pain management, rather than care to try to cure your condition;
- Your terminal condition is documented in your medical record; and
- You receive care from a Medicare-certified hospice agency.

If you are considering hospice care, speak with your doctor about finding a Medicare-certified hospice agency. The hospice medical director and your doctor will certify your eligibility. You must sign a statement electing hospice care and waiving curative treatments for your terminal illness. The hospice team of providers must consult with you to develop a plan of care. The team includes a hospice doctor, a registered nurse, a social worker and a counselor.

Hospice can be provided in the home or in an inpatient facility; you do not have to be home-bound to qualify for the hospice benefit. The hospice benefit covers the following services related to your terminal condition:

- Nursing services, skilled therapy services, home health aide services, durable medical equipment and medical supplies, short-term inpatient care to give relief to your caregivers, short term inpatient care to manage symptoms and control pain, medical social services, some prescription drugs, spiritual and religious counseling care; and nutrition and dietary counseling

The hospice benefit is always covered under Original Medicare. Even if you have a Medicare Advantage plan, Original Medicare Part A will cover your hospice care. Your Medicare Advantage plan will continue to pay for your care that is unrelated to your terminal condition.

Original Medicare covers most costs associated with hospice care. You will be responsible for paying up to \$5 for outpatient prescription drugs covered through the hospice benefit (prescription drugs related to pain relief and symptom control). You also will pay a copay of no more than 5% of the Medicare approved amount for each day of inpatient respite care.

While you have hospice, you can still get Medicare coverage for treatment of all illnesses and injuries unrelated to your terminal condition. However, the costs you usually pay for services will apply.

Medicare will cover the hospice benefit as long as you continue to qualify for hospice care. If you receive 180 days of hospice care, you must have a face-to-face meeting with a hospice doctor or nurse practitioner to confirm that you still qualify for hospice care. You also can end hospice care at any time and elect to receive curative treatments for an illness.

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The Office for the Aging will be closed Monday, May 30, 2016 in observance of Memorial Day.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

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New York State Office for the Aging, the County of Saratoga and local Municipalities*

From Our Dietitian:

Super Seeds for Health

For those of us who plant gardens, it will soon be time to sow our seeds and await the bounty. As a whole, seeds are little powerhouses packed with nutritional treasures. Edible seeds offer healthy doses of nutrients such as protein, fiber, minerals and beneficial fats. One potential drawback to seed consumption for some is the possible risk for diverticulitis flares. Although not conclusive, more recent studies are now indicating that there is no scientific evidence that consuming seeds causes diverticulitis flares. Seed consumption may be bothersome for some therefore, it is best to check with your health care provider should you have a history of diverticular disease. Let's have a look at what some of these stand out seeds have to offer.

Flax Seeds-Flax is derived from the linseed plant and contains heart healthy properties such as omega 3 fatty acids, soluble fiber and lignans. Lignans are plant compounds shown to help lower inflammation and cholesterol. Because of their hard outer shell, flax seeds need to be ground before consumption so their nutrients will be properly absorbed. A small coffee grinder can assist you with this or you can purchase whole ground flax seeds or flax meal. Flax has a nutty flavor and can be added to cereal, smoothies and homemade baked goods.

Chia-Although Chia may have become famous with the once popular chia pet, chia has experienced a renaissance as a nutritious seed. Like flax, chia also offers significant fiber and omega 3 fatty acids. Chia offers bone strengthening minerals such as phosphorus and calcium. Recent research demonstrates strong antioxidant properties for chia which could offer protection from some diseases such as cancer. Unlike flax, chia seeds do not have to be ground to absorb its nutrients however, ground chia may be more appealing when adding to baked goods. Seeds can also be sprinkled into cereal and yogurt. Chia will swell in liquids so it can be used to make healthier puddings and jams.

Pumpkin Seeds-Shelled pumpkin seeds, also known as pepitas, can boost the health of your diet. These olive green seeds are an excellent source of magnesium, a mineral linked with lower risk of diabetes and heart disease. In addition to magnesium, pepitas offer significant amounts of iron, phosphorus and vitamin K to the diet. Toasted pumpkin seeds are a delicious way to top off salads, soups and stir fries. Pepitas fare well when added to granola, trail mixes and finely chopped seeds work well to coat fish, chicken or tofu.

Sunflower Seeds-Sunflower seed kernels are an excellent source of vitamin E with each ounce providing half the daily quota. Vitamin E acts as an antioxidant protecting our cells from free radical damage. Sunflower seeds also provide B vitamins, magnesium and selenium. Shelled sunflower seeds are a great addition to salads, granola, yogurt, pasta and grain dish pilafs.

Sesame Seeds- Open up to sesame as a way to provide a dairy free source of calcium to the diet, which is good for bone health and muscle function. Sesame seeds are also rich in copper, an essential mineral involved in nervous system functioning and energy production. Sesame seeds work well in Asian inspired dishes from stir fries to noodle salad. They also provide great texture to homemade breads, energy bars and crackers. Tahini which is ground sesame can be used to top crackers, toast and works well in some homemade salad dressings as part of the oil called for in the recipe .